



# Hidden Veggie Lasagna

**Makes:** 12 Servings

"I do not like eating vegetables when they are plain on my plate at home," admits Owen. "My mom hides vegetables in the food she makes sometimes, and she doesn't tell me they are in there until I am done eating. My mom and I came up with the recipe together. I love lasagna, and we hid the vegetables in the lasagna. I would serve it with grapes, my favorite fruit."




## Ingredients

- 1 medium head broccoli (chopped)
- 1 **pound** box whole-grain lasagna noodles (16-ounce)
- 3 **tablespoons** olive oil
- 1 **cup** shredded carrots
- 1 medium red bell pepper, seeded and chopped
- 1 medium yellow onion, chopped
- 3 **cups** tomato sauce
- 32 **ounces** part-skim ricotta cheese

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>349</b>
<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	6 g
Cholesterol	32 mg
<b>Sodium</b>	<b>505 mg</b>
<b>Total Carbohydrate</b>	<b>41 g</b>
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars included	0 g
<b>Protein</b>	<b>21 g</b>
Vitamin D	0 mcg
Calcium	349 mg
Iron	2 mg
Potassium	448 mg
N/A - data is not available	

## MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	1 1/2 ounces
	Dairy	1 cup

**1 1/4 cups** chopped fresh spinach or thawed frozen spinach

**1 1/2 cups** part-skim shredded mozzarella cheese

## Directions

1. Preheat the oven to 350°F.
2. In a large pot of boiling water, cook the lasagna noodles, according to package directions, until al dente. Drain the noodles and set them aside.
3. While the noodles are boiling, in a large saucepan over moderate heat, warm the olive oil. Add the carrots, broccoli, bell pepper, and onion and cook until tender, about 5 minutes.
4. Add the tomato sauce to vegetables, and continue to cook, stirring occasionally, for 3 minutes.
5. In a large bowl, stir together the ricotta and spinach.
6. In a 9-by 13-inch baking dish, spread 1/3 of the vegetable-tomato sauce on the bottom. Arrange lasagna noodles lengthwise over the sauce. Spread the ricotta cheese mixture evenly over the noodles. Add more vegetable-tomato sauce, another layer of lasagna noodles, and another layer of the ricotta cheese mixture. Continue to layer the lasagna with the remaining sauce, noodles, and ricotta mixture.
7. Top the lasagna with the mozzarella cheese, cover the baking dish with aluminum foil, and bake until the top is browned and the lasagna is heated through, about 45 minutes.

## Notes

State: South Dakota

Child's Name: Owen Kerkvliet, 9

**Source:** The Epicurious 2013 Healthy Lunchtime Challenge Cookbook